

Key Stage 1

Year	Autumn	Spring	Summer
A	Beginning and Belonging 1. Making School a Happy Place 2. Relationships in Class 3. Feeling Welcomed 4. Making Others Feel Better 5. Solving Problems	Managing Risk 1. Risks to Safety and Feelings 2. Reactions to Risky Situations 3. Name, Address, Number 4. Emergency Services 5. How Can I Help	Healthy Lifestyles 1. Staying Healthy 2. Eating Healthily 3. Being Active 4. Balanced Diet 5. Healthy Choices
	Family and Friends 1. What Does a Good Friend Do? 2. Making New Friends 3. When Things Go Wrong 4. Caring for Each Other 5. Getting Support	Drug Education 1. Digestive System 2. Medicines and Why? 3. Roles of Doctors, Nurses and Hospitals 4. Feely Poorly 5. Risky Substances	Relationships Education 1. Parts of the Body 2. Who is in Charge? 3. My Amazing Body 4. Keeping Clean 5. Stopping Illness
B	My Emotions 1. Naming Feelings 2. Skills 3. Listening 4. Taking Turns 5. Managing Disagreements	Safety Contexts 1. Road Safety 2. Sun Safety 3. Water Safety 4. Being Lost 5. Keeping Safe	Financial Capability 1. Where Does Money Come From? 2. Paying for Things 3. Having More or Less Than You Need 4. Choices 5. Charity
	Anti-Bullying 1. What is Bullying? 2. Why Does it Happen? 3. What Should I Do? 4. Witnessing Bullying 5. Where Might it Happen?	Personal Safety 1. My Home and Neighbourhood 2. Feeling Unsafe or Insecure 3. Keeping Secrets 4. Yes, No and Unsure Feelings 5. Finding Help	Managing Change 1. Changing as I Grow 2. Achievements, Skills and Responsibilities 3. Changing Behaviour 4. Changing Friendships 5. Losing Something Special 6. Making Choice About Change

Lower Key Stage 2

Year	Autumn	Spring	Summer
A	Beginning and Belonging - Making School a Happy Place - Relationships in Class - Feeling Welcomed - New Situations - Asking for Help	Managing Risk - Risks to Safety and Feelings - How do Friends Affect Risk? - Reactions to Risky Situations - Making Good Decisions - When Things Go Wrong	Healthy Lifestyles - Balanced Diet - Mental Well-Being - Sleep - Healthy Meals - Looking After My Teeth
	Family and Friends - What Does a Good Friend Do? - Listening and Supporting - Coping with Relationships - Similar and Different - Network of Special People	Drug Education - Medical and Legal Drugs - Misuse of Legal Drugs - Immunisations - Safety - Taking Risks	Relationships and Sex Education Year 3 and 4 specific.
B	My Emotions - Being Unique - Mental and Physical Well-Being - Communicating Emotions 'Overreacting' - Caring For Others	Safety Contexts - Road Safety - Fire Safety - Water Safety - Visits and Activity Safety - Prevention of Accidents	Financial Capability - Earning and Spending Money - Budgeting - What Does My Family Have To Spend Money On? - How Do Feelings Change Around Money? - Choices
	Anti-Bullying - Direct and Indirect Bullying - Bystanding and Following - Feelings - Supporting Others - Prevention	Personal Safety - Being Responsible - Physical Contact - Adults and Friends we Can Trust - Talking About Feelings - Breaking a Promise	Relationships and Sex Education Year 3 and 4 specific.

Upper Key Stage 2

Year	Autumn	Spring	Summer
A	Beginning and Belonging 1. Feeling Safe in School 2. Making Good Relationships in Class 3. Making People Welcome 4. New Experiences and Solving Problems 5. Getting Help and Helping Others	Managing Risk 1. Good or Bad? 2. Being Responsible for Safety 3. Keeping Myself and Others Safe 4. Where to Go for Help 5. Basic First Aid	Healthy Lifestyles 1. Benefits of Being Healthy 2. Diet and Energy 3. Physical Activity 4. Healthy Meals 5. Lifestyle Choices
	Family and Friends 1. Relationship Network 2. Developing Whilst Maintaining 3. Positive Differences 4. Different Families 5. Pressure and Support	Drug Education 1. What Do I Already Know? 2. How Drugs Affect Us 3. Laws 4. Risks and Labels 5. Decision Making	Sex and Relationship Education Year 5 and 6 Specific
B	My Emotions 1. Strengths and Weaknesses 2. Feeling Proud 3. Managing Strong Emotions 4. Negative Moods 5. Responding to Others 6. Getting Support	Safety Contexts 1. Road Safety 2. Sun Safety 3. Home Safety 4. Railway Safety 5. School Safety 6. Preventing Accidents	Financial Well-Being 1. How to Earn Money 2. What do Adults Need to Pay For? 3. Value of Money 4. Where Does it Go? Taxes? 5. What is Poverty?
	Anti-Bullying 1. Definition 1. Having Power 2. How to Respond 3. Dealing with Situations 4. Prevention of Bullying	Personal Safety 1. Being Responsible 2. Staying Safe 3. Being Assertive 4. Keeping Secrets 5. Networks 6. Asking for Help	Sex and Relationship Education Year 5 and 6 Specific